

HOW TO KEEP 'FIT'

Drink Two Glasses of Water on Rising
Take Two Hours' Fresh Air Daily
and Lift Imaginary Pianos

Diagram of the Skin and Pores Which Must Be Kept Flushed with Plenty of Water.

Remember that the weight of the body must be equally divided between two legs. Don't make the right leg do the work of both right and left. The legs should be kept straight, not shirking. Hold your body so that the weight settles upon the balls of the feet. Keep your knees straight and walk with a long, free stride from the hips. Throw the weight upon the bones and you will not tire. It is only the muscles that grow tired.

An indoor exercise that will help to keep you "fit" is the imaginary motion of lifting a piano, and the other of drawing a cork from a bottle. Hold the bottle between your knees and pull and pull at the tightly driven cork. Both of these contract the muscles of the abdomen, which in most women are flaccid and fall, giving them a balloon appearance. Another exercise for this purpose is to hold the knees firmly by both hands, drawing it up on a level with the waist. Stand thus for as long as you can. Then shift to the other foot and repeat exercise. This, like the two foregoing exercises, make the muscles of the abdomen firm, forming a natural corset and giving a naturally straight front. Also they reduce the hips.

Walking and the exercises I have described, combined with deep breathing and the baths I have mentioned, and plenty of rest—every woman knows how long she must sleep to awaken refreshed—will keep her beautifully "fit."



Pulling Corks Contracts the Abdomen.

Open Air Exercise to Give the Arms Strength and Grace.

THIS is the third of a series of practical lessons on health and grace especially prepared for this newspaper by Miss Christain Miller, F. C. I., the famous English health expert.

By F. Christian Miller, F. C. I.

WE English have an expressive little word of three letters to describe that state in which we are entirely well. It is "fit." When we are "fit" we are equal to anything that may happen. "Fit" is a cross-cut word to adequate.

When we are "fit" we have an easy, comfortable, natural bearing. We have an alert mind. Our spirits are buoyant and that buoyancy speaks in every movement and gesture, and particularly in the expression of our faces.

Now to be fit, what? First we should begin the day well. A good beginning, the right beginning and the only beginning, is to take two baths, an inward and an outward one. I am always "fit," and this I ascribe in large part to my inviolable habit of the morning inward bath. As soon as I rise in the morning I drink two glasses of water. Cool, not ice water. If ice water is brought to my room I remove the ice before drinking it.

Water should not be too rapidly drunk. Better quaff or sip it than vulgarly toss it down at a gulp.

The inward bath should always be followed by a douche. In England this term means what I have heard Americans call splashing. We take our plunge bath, the cool or cold tub, but do not step out of it immediately after as you do here. Instead, we sit or stand in the tub and throw handfuls of water over our neck, shoulders, back and breast. Then, sinking from the shock of the cold water, we step from the tub and, wrapping ourselves in a huge bath towel, that is like a sheet except that it is made of rough toweling, we thoroughly dry ourselves.

Then we get into our not too tight clothing. It has been said, and very reasonably, that our clothing should be at least four sizes too large so that the air can circulate freely between the clothing and the skin. The air skin needs ventilation. It gets none when we wear our clothing hermetically tight. The

lungs are willing slaves yet they cannot do all the work of purifying the blood. If the third lung, the skin, neglects its duty the body becomes anemic. It is in a state of starvation, the starvation for fresh air.

To be "fit" we must have fresh air and plenty of it. We cannot get too much of it, so we must get as much as we can. Particularly here where you live in too hot and steam heated rooms you should try for your life to the outer air. And you should reduce the temperature of your rooms. American women ask me the secret of the fine complexions of the English women. I answer, "fresh air and cool rooms." I believe that the temperature of a living room should never be above sixty. In a sleeping chamber it may well drop ten or twenty degrees below. I sleep in a bedroom at fifty degrees, sometimes forty.

There is much to be said in favor of sleeping out of doors. If you gradually accustom yourself to it. Summer is the time to begin, so that the body will not be too greatly shocked by the change of surroundings. The habit of dining on the veranda or balcony of your home as long as the weather will permit is excellent. If I lived in New York where there are few yards and many roofs, I should picnic a great deal on the roofs, eating many a simple meal above the roar of the city streets. This could be frequently done for six or seven months of the year, I should say. And at any time of the year I should be inclined to go often to the roof for my deep breathing exercises, for the air, while colder there, is perhaps 50 per cent purer.

Every woman should allow herself at least two hours a day out of doors, one hour in the morning and one in the afternoon. Or if her circumstances will only permit one hour a day, let it be divided into two equal parts, one in the morning and one in the afternoon. Try to get your exercise periods into the sunlight hours. Walk briskly during the hours out of doors. Or play briskly at whatever you are doing. I can prove of all out-of-door sports for women, except hockey. That is too violent.

AMUSEMENTS.

BIJOU.

The Bijou offers a splendid program today. Clara Kimball Young and Maurice Costello will entertain you with a good comedy, taken at sea. The Edison drama is also very interesting, with Mable Trunnell playing the leading role.

Romantic Fiddling, the popular Lubin play, who recently visited El Paso with his company, appears in the Lubin drama which will conclude the program.—Advertisement.

"MIDNIGHT BELL" TODAY.
Charles H. Hoyt's popular comedy, "The Midnight Bell," will be shown at the Wigwag today and tomorrow. It is in two reels and is the first of the Hoyt plays to be produced by Selig-For it is a special all-star company was chosen. The photoplay is said to be better by far in a scenic way than the original, as outdoor scenes were taken where the script called for them and the famous escape on the sled is made in reality. Another selling picture, "The Suwanee River," will complete the bill.

The Wigwag has the best ventilation of any picture show in the city. While it is impossible to keep any theater absolutely cool this hot weather, the Wigwag has come nearer than the others in solving the problem. It is supplied with fresh air by a great 30-inch blower, which forces clean, pure air in under the seats and it is cooled by two exhaust fans, two ceiling fans, nine "burr" fans and many doors and windows.—Advertisement.

"Battle of Naco" at the Unique today.—Advertisement.

DEATHS AND BURIALS

MRS. WALKER'S MOTHER.
Mrs. J. E. Walker, wife of J. E. Walker, office engineer of the E. P. & S. W. system, El Paso, left on E. P. & S. W. train No. 2 Tuesday afternoon for Sullivan, Mo., in response to a telegram, advising of the sudden death of Mrs. Crow, her mother, at that place. Mrs. Walker accompanied by Mrs. Crow was in the best of health, supposedly, and the news of her death was quite a shock. Mrs. Walker is Grand Mother of the order of Eastern Star for

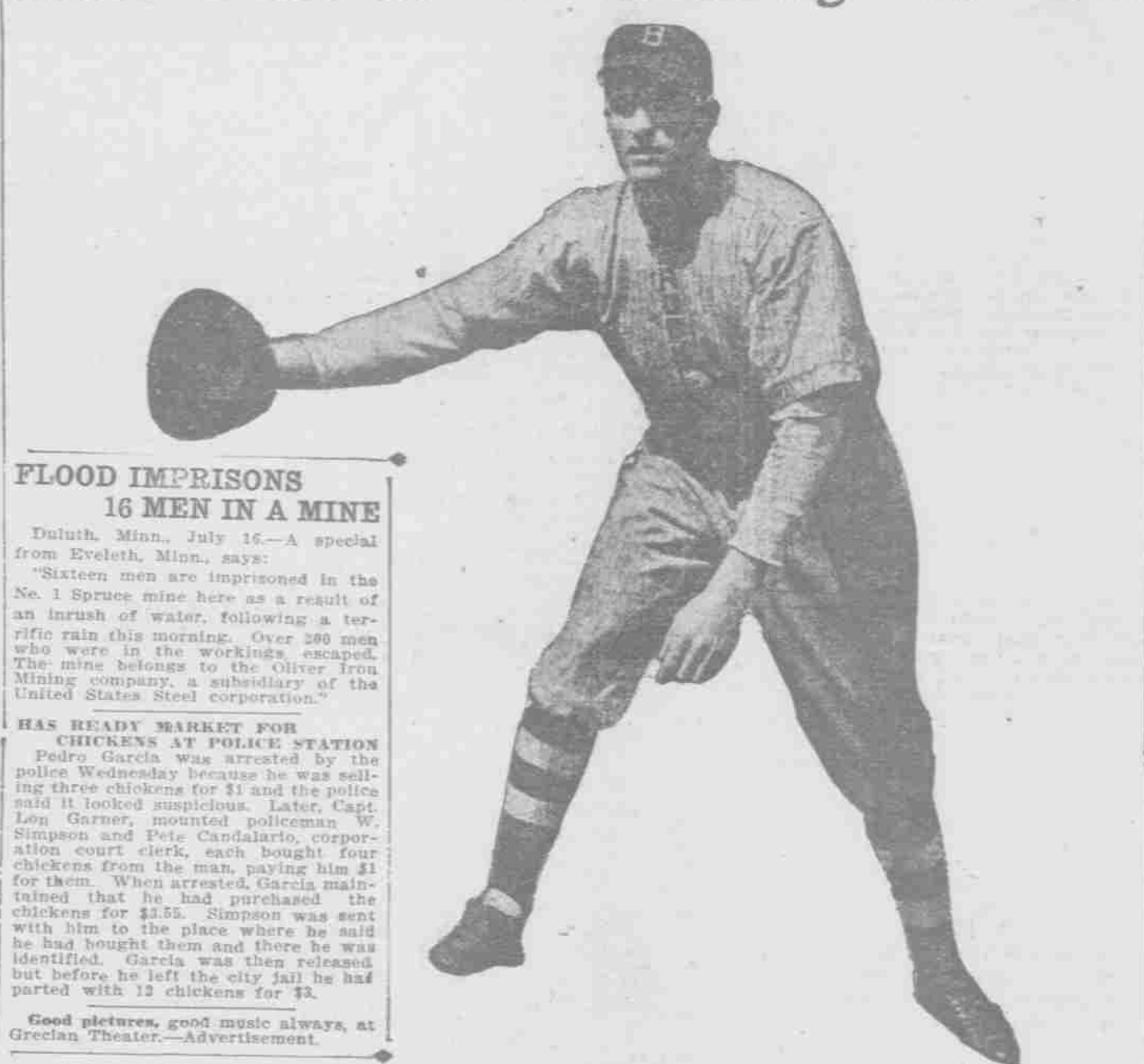
Texas, and has been prominent in local and state circles of that organization. She resides in Grandview.

EDUARDO EDGERTON.
Eduardo Edgerton, a single man, who was born in Juarez 40 years ago, died at his home, 111 North Stanton street, Wednesday evening at 6:30, after an illness lasting six months. For many years he conducted a grocery store at Seventh and Hill streets, and was well known in the twin cities. His mother, Mrs. Maria Edgerton, and one sister, Mrs. Concha Rineon, reside in Mexico City, while his two brothers, Alexander and Charles Edgerton, made their home with him here. Funeral services were held in the church of the immaculate Conception, Wednesday afternoon at 3 o'clock, and interment was made in Concordia Catholic cemetery.

JOSEPH F. HIXSON.
Joseph F. Hixson, general agent of the Southern Pacific railroad at Fresno, Cal., and a brother of W. T. Hixson, of El Paso, died at Klamath Springs, Cal., Tuesday night. Death was sudden. His wife and two daughters, Misses Mabel and Mary Hixson, are at Cloudcroft, N. M., visiting Mrs. Hixson's sister, Mrs. H. E. Stevenson, of El Paso. Funeral arrangements have not been completed. W. T. Hixson will go to California Thursday, accompanied by his niece and sister-in-law.

POWDER EXPLODES; FOUR KILLED.
Auburn, Calif., July 15.—Four workmen were killed today in an explosion at the Giant Powder Works near Clipper Gap, a few miles from here. No one else was injured. The cause of the explosion has not been determined.

Jake Daubert Is Starring at Bat



Jake Daubert, the great first baseman of the Brooklyn Dodgers, for whom his friends are claiming the premier batting honors of the National League. Daubert in the column have performed in nearly as many games as the Brooklyn first baseman. They assert that has any of the men who are credited with higher batting averages, and that he has made more hits.

MEXICO MINING MAN IS ON TRIAL IN ALASKA
Juneau, Alaska, July 15.—The jury having been completed, the taking of testimony began today in the trial of Joseph Macdonald, general manager of the Consolidated Mining and Milling company of Guanajuato, Mexico, charged with the murder in 1902 of N. C. Jones, a mission worker at the Treadwell mine. Macdonald was then manager of the Treadwell mine. The missionary demanded that he close the mine on Sunday. Macdonald's plea is self defense. Witnesses are here from all over the United States.

WILSON COMMUTES SENTENCE.
Washington, D. C., July 15.—President Wilson today commuted to life sentence the sentence of Thomas Powell, convicted of murder at what was formerly Paul's Valley, Indian territory.

J. A. CHITON, district passenger agent of the Texas and Pacific, and G. A. Deuel, district freight agent of the same road, left El Paso Wednesday morning for Deming and Douglas.

The coolest place in town—Grecian Theater.—Advertisement.

Will J. Rand returned from Dallas, Tex., Wednesday morning.

"Battle of Naco" at the Unique today.—Advertisement.

COMISKEY POSTS FORFEIT FOR GIANTS-WHITE SOX TRIP
Chicago, Ill., July 15.—The round world trip of the Chicago Americans and the New York Nationals became a certainty when Charles Comiskey, owner of the White Sox, posted a forfeit necessary to assure transportation. The teams will sail from Vancouver, B. C., on November 19, making the trip to the cost in a special train. Several exhibition games will be played en route.

FAMINE MENACES FEDERAL GARRISON AT MONCLOVA
Eagle Pass, Tex., July 15.—Famine soon will threaten the federal garrison at Monclova, according to Gen. Jesus Carranza, who arrived at C. P. Diaz late last night with troops enough to ward off a federal attack on that place. All food supplies have been cut off. He said a detachment of Col. Navarette's federal troops was defeated by Col. Elizondo at the battle of Candela.

Yield of a Grain of Wheat.
Very few people have an idea of the bounty of nature. A scientist of Cambridge, Eng., recently made an instructive experiment which showed that a single grain of wheat sown in June, produced 47 pounds 7 ounces. One acre of fairly good land will produce 30 bushels of wheat or 1,260 pounds of flour.

LOS ANGELES COMPANY GETS WATER POWER PERMIT
Washington, D. C., July 15.—The largest water power permit ever issued by the department of agriculture was signed today by secretary Houston, granting rights to the Pacific Light and Power company of Los Angeles to operate power plants in the Sierra national forest. It will carry electric power 240 miles to Los Angeles and vicinity at 150,000 volts, said to be the highest commercial transmission ever attempted.

Brightest spot in El Paso—Grecian Theater.—Advertisement.

SUPRAGETS START ANOTHER INVASION OF WASHINGTON
Boston, Mass., July 15.—The second delegation of suffragets starting from Boston for the "On to Washington" crusade was sent away today by the Political Equality union.

The party is in charge of Mrs. Susan Walker Fitzgerald, recording secretary of the National American Women's Suffrage association. On a roundabout trip to the national capital, they will visit the capitals of other New England states, holding meetings on the way.

Mrs. Fitzgerald said that a stop would be made at Cornish, N. H., and that she was trying to arrange to have the delegates received by Mrs. Woodrow Wilson.

The coolest place in town—Grecian Theater.—Advertisement.

BOASTING A POOR EXERCISE

It Loosens the Fiber of the Brain and Makes Men Soft and Flabby.

Boasting is a poor intellectual exercise. It seems to loosen the fibers of the brain and make them soft and flabby. When we read in the New York Medical Journal that card-playing is injurious to the mind, we remember what Dr. Edward Everett Hale said about it: "The bragging of a people used to playing cards," and then coupling the two observations, we get a standpoint from which to view the discrepancies of society.

The Medical Journal treats the matter scientifically and learns from psychology that the keeping the mind on exciting uncertainties renders it inefficient in the consideration of serious things afterward. Go, for instance, from an exciting game of baseball and pick up your Emerson, Ruskin, Sartor Resartus or Progress and Poverty, and see where you are. Stuck in the mud, that's certain. You cannot hedge a barley corn. Now, keep that up, day after day, with any sort of sport and then take account of your mental condition.

We suspect the Medical Journal is right, and Dr. Hale's illustration is apt. And if you want to make an effective thinker of yourself, it would be well not to get daft on any game. Take hold of it as an incidental, if you both with it at all.—Ohio State Journal.

FIRST SCORE FOR THE MAJOR

Man of Law Wasted Time in Contemplation, but His Opponent Was Quick to Act.

There lived at one time, in the fashionable quarter of Dublin an eminent lawyer who afterwards came to occupy a position on the judicial bench. He was a man of high professional attainments but of testy and irritable temper. His next door neighbor was a retired major, noted for the eccentricity of his habits. Between the two there was anything but a friendly feeling—a they did all in their power to annoy—barras each other. One night, memorable in Ireland as "The night of the great storm," the major's chimneys were blown down. Crash they went through the roof of the lawyer's house and thence down through floor after floor, carrying havoc in their course. The man of law was in no good humor as he contemplated the destruction, and what made matters worse was that it was the major's chimney that had occasioned the wreck. His mind was actively engaged in devising some process by which he could get satisfaction from his arch enemy, when this missive arrived from the major:

"Send me back my bricks immediately or I'll put the matter in the hands of an attorney."

Precious Attributes.

"Why are diamonds so highly valued?" "I suppose," replied Mr. Groucher, "it's because they are made of carbon, which is the equivalent of coal, and at the same time look like it."

HEAT CAUSES TWO DEATHS AT OMAHA

Omaha, Neb., July 15.—Two deaths said to be due to the heat occurred this morning in Omaha. Abbott Clarke, an invalid at the county hospital, and George Wagner, a mechanic overcome yesterday at his home. Several prostrations were reported during the forenoon.

105 at Burlington, Iowa.
Burlington, Iowa, July 15.—The government thermometer registered 105 degrees today, the hottest day in local history in the present century.
"Battle of Naco" at the Unique today.—Advertisement.

JUDGE EYLER WILL TAKE BONDS TO AUSTIN, SATURDAY

The 350 county road bonds, each for \$1000, have been signed by county judge A. S. J. Eyster, county clerk Park Pittman and county treasurer J. D. Fowler at the county court. Following this judge Eyster will leave for Austin, Tex., with the bonds where they will be approved and signed by the state controller and then registered in his office. The bonds have already been approved by the attorney general. Following this the bonds will then be sold. It is believed that the city will purchase a part, if not all, of the bonds. The bonds are 40 year bonds bearing 5 per cent.

COMMERCE BOARD TO PROBE FRISCO RECEIVERSHIP

Washington, D. C., July 15.—A formal order for the investigation of the St. Louis & San Francisco receivership was issued by the interstate commerce commission in accordance with the recent congressional order. The hearings will be held in various cities.

No Chance to Hold a Goat-Getting.

Some time ago a Mexican stepped into a Herlington grocery store and was very wrathful when he discovered that some other Mexican had been getting groceries charged to him, relates the Herlington Sun. "Why don't you get his goat?" suggested the grocer. "He got no goat," replied the Mexican. "He not even got a dog."

Iceland Exploration.

A remarkable series of explorations was carried out in Iceland during the years 1910 and 1911 by a Swiss traveler, Herrn. Stoll, who covered a distance of over five thousand kilometers (upward of three thousand one hundred miles) in the course of the two years.

Always There.

A New York theatrical man is advertising for the most beautiful woman in the world, as if every musical show press agent didn't claim that she was in the front row of the chorus.—Detroit Free Press.

"Battle of Naco" at the Unique today.—Advertisement.

Good pictures, good music always, at Grecian Theater.—Advertisement.

DAILY RIDDLES

QUESTIONS.
1. What articles found in a stationery store can you form from the letters in the following words: "cleared ship?"
2. Why were Adam and Eve a grammatical anomaly?
3. Which is swifter—heat or cold?
4. What is the difference between a tenant and the son of a widow?
5. What is that which if you take away all the letters remains the same?
Answers will be found under their appropriate numbers scattered through the Classified Advertising pages.

Features in Week-End Herald Have No Equal in the Southwest

The Week-End Herald is full of BIG FEATURES every week—not one in a while, but ALL THE TIME. They are not clipped from other papers and printed a week or so after their original appearance, but The Herald buys every one of its features outright and they are not published anywhere else before they appear in The Herald.

Frank Carpenter's travel letters, Rene Bache's interesting stories on the world's oddities, W. J. Burns' great detective stories are all controlled exclusively for the Southwest by The El Paso Herald, and appear exclusively in the Week-End edition.

The best sporting authorities in the country write for The Herald. W. W. Naughton, dean of all prize fight reviewers; James J. Corbett, former world's heavyweight champion; W. J. McBeth, baseball expert for the Hearst publications, all write exclusively for The Week-End Herald. Any other El Paso paper publishing articles by these writers, publishes them after they have been printed in The Herald. During the week, by special arrangement with the International News service, The Herald also has the services of Sam Crane and Damon Runyon, two more Hearst baseball experts.

Every day The Herald prints as much light reading matter—exclusive features—as many of the weekly comic publications. Walt Mason's poem, George Fitch's sketches of people and places, Abe Martin's philosophy, Ophelia's quaint sayings, Mutt's and Jeff's funny antics, and Snop's cut ups constitute the highest class of humor in any American publication. The Herald PAYS FIVE TIMES MORE for its features than any other paper published in the Southwest.

The daily letters of Frederick Haskin, the daily series of Goops for the children, the daily contributions of Ella Wheeler Wilcox, Dorothy Dix, Beatrice Fairfax, Winnifred Black, Lillian Lauffer, Grace Terhune Van de Water and Mabel Herbert Urner, are EXCLUSIVE FEATURES OF THE EL PASO HERALD IN THE SOUTHWEST.

It is not necessary to mention The Herald's weekly color comics. Everybody watches for them. They constitute the Herald features, which are always the best in the world—The Katzenjammer Kids, Snookums, Happy Hooligan, Mr. Howson Lott and other comic classics.

If it's the BIG FEATURES you want, you get them in The El Paso Herald.